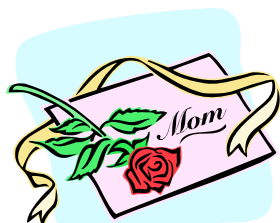




UNIVERSITY OF
FLORIDA

IFAS EXTENSION



Consumer Highlights



SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

May 2005

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With Unhealthy Remodeling
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You Don't Have to Live with Unhealthy Remodeling By-Products

You may not have realized that your remodeling project may be creating unhealthy household air. To protect yourself and your family from these remodeling hazards, read on.

Q: What remodeling hazards should I be concerned about?

A: Asbestos, formaldehyde and other organic solvents, and leaded paint dust are the main ones. These hazardous materials can be released into the air when you remove paint, hang cabinets or disturb other existing products that contain these materials. Paints, stripping and finishing products, and adhesives can also create indoor air pollution.

Q: By remodeling with products that don't include these hazardous materials, won't that minimize my exposure?

A: Not necessarily. Lead and asbestos were commonly used in home building until the late 1970s. Remodeling or attempting to remove these materials from a building can actually increase your risk of exposure. Often it's better to leave the lead- or asbestos-containing materials in place, but cover or seal them to reduce exposure. If you suspect these materials are in your home, seek professional help before remodeling. If you

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remodel, remember that careful clean-up is important to control exposure.

Q: What is asbestos and why should I be concerned about it?

A: Major sources of asbestos are deteriorating, damaged or disturbed insulation, fireproofing or acoustical materials, and floor tiles. You won't feel any immediate symptoms from excessive asbestos exposure, but there is the long-term risk of chest and abdominal cancers and lung disease. Smokers are at higher risk of developing asbestos-induced lung cancer.

Q: Why should I be concerned about lead?

A: Young children (up to about six years old) are especially at risk of unknowingly ingesting lead contaminated dust or paint chips. Small amounts of lead dust, ingested regularly, can cause delayed development, reading and learning problems, lowered IQ, hyperactivity and discipline problems. Larger doses can cause high blood pressure, anemia, and kidney and reproductive disorders in both kids and adults. Lead accumulates in the body and its effects are irreversible.

Q: What is formaldehyde and why should I be concerned?

A: Formaldehyde is often used as a preservative or as an adhesive in pressed wood products, such as paneling and particle-board, and furniture.

Formaldehyde causes eye, nose and throat irritations; wheezing and coughing; fatigue; skin rashes; headaches; loss of coordination; nausea; damage to liver, kidneys and the central nervous system; and severe allergic reactions. It has been linked to cancer.



Q: What about other chemicals used in remodeling, such as paints, wood strippers and finishes, adhesives, waxes and cleaners?

A: The products to watch for are those containing volatile organic compounds (VOCs), which are organic solvents that easily evaporate into the air. Some may be flammable. Following are some of the compounds listed on product labels: petroleum distillates, mineral spirits, chlorinated solvents, carbon tetrachloride, methylene chloride, trichloroethane, toluene and formaldehyde. Other remodeling products can be a hazard if they are used improperly.

MyPyramid

Steps To A Healthier You

WASHINGTON, April 19, 2005 — Agriculture Secretary Mike Johanns today unveiled MyPyramid, a new symbol and interactive food guidance system. "Steps to a Healthier You," MyPyramid's central message, supports President Bush's HealthierUS initiative which is designed to help Americans live longer, better and healthier lives. MyPyramid, which replaces the Food Guide Pyramid introduced in 1992, is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle.

"MyPyramid is about the ability of Americans to personalize their approach when choosing a healthier lifestyle that balances nutrition and exercise," said Johanns. "Many Americans can dramatically improve their overall health by making modest improvements to their diets and by incorporating regular physical activity into their daily lives."

The MyPyramid symbol, which is deliberately simple, is meant to encourage consumers to make healthier food choices and to be active every day. Consumers can get more in-depth information from the new Web site, MyPyramid.gov, so that they can make these choices to fit their own needs.

The MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. Physical activity is a new element in the symbol.

MyPyramid illustrates:

- *Personalization*, demonstrated by the MyPyramid Web site. To find a personalized recommendation of the kinds and amounts of food to eat each day, go to MyPyramid.gov.
- *Gradual improvement*, encouraged by the slogan, "Steps to a Healthier You." It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.
- *Physical activity*, represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.
- *Variety*, symbolized by the six color bands representing the five food groups of MyPyramid and oils. Foods from all groups are needed each day for good health.
- *Moderation*, represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats, added sugars, or caloric sweeteners. These should be selected more often to get the most nutrition from calories consumed.

- *Proportionality*, shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check MyPyramid.gov for the amount that is right for you.



Bouncing Back from Setbacks

Why are some people able to bounce back so quickly from setbacks -- for example, getting fired or losing a loved one?

According to University of California-Davis resiliency expert Emmy Werner, it's partly innate, but we all can learn to become more resilient. I agree. Here's my approach to building resiliency.

Minimize "processing." The more time you spend thinking and talking (especially brooding) about your adversity, the more your malaise and sense of victimhood will harden and, in turn, keep you mired. If you truly need time to process, take a day or at most a week to write in your journal, whine to a friend, whatever. (Don't belly-ache so much that you risk losing your friend.)

Far better, give yourself just 15 minutes to get it out of your system. I can just hear some of you: "Just 15 minutes? You're so insensitive! It takes much longer to process such a horrible event!" I can only say that based on my experience, the less you replay the event, the faster you'll feel better and get back on your feet.

If you need the 15 minutes, say (or yell) whatever you want: "That miserable boss!" "How dare my spouse dump me?" Whatever. If it will make you feel better, burn an effigy of the fool who fired you.

Avoid wallowers. Sure, you may enjoy talking with them. After all, they specialize in expressing sympathy, listening patiently and saying amen to your moans of victimization and self-pity. Plus, they rarely push you to do anything outside your comfort zone. But ultimately, such people don't serve your interests. Usually they just want, if only unconsciously, someone to validate their own inaction.

Replace thoughts of the adversity with a positive plan. For example, develop a plan for getting a new job, meeting a new partner or preventing further abuse. Try to pick a big, inspiring goal. For example, if you failed on a project, come up with an idea for a bigger, more-exciting one.

If you've failed many times, you may feel too pessimistic to get out there and try again. The solution is to create a new reason for optimism. For example, if you've failed because you're lousy with details, make your goal to find a project or job that doesn't require detail work. If your romantic relationships keep failing, promise yourself, for example, that you'll stop dating Bad Boys or high-maintenance women. In short, try something new. That will give you hope, which, in turn, will motivate you to get out there and try.

Can't come up with a goal you're excited about? Brainstorm with people you respect. If one person isn't helpful, find another. Be relentless.

Stop thinking and take that first low-risk step to achieving your goal. Don't do it next week. Do it today, ideally right after reading this column. For example, want to meet a romantic partner who's not broke? Sign up for a class on investing. Do it now. Want a better job? Phone friends who might help you find good work. Do it now. Or even jump in the car, walk into a dream employer and ask for your dream job. Sounds audacious, but many times, it works. Often, the key to getting what you want is simply asking enough people for it.

Don't let fear stand in your way. Worst that could happen, you get rejected. You'll survive. Winners are rejected all the time. If you wait for the fear to dissipate before you act, you may be waiting for Godot. Feel the fear and do it anyway.

Get support. If you can't figure out your next step or are procrastinating on implementing your plan, find a loving taskmaster. Pick someone you respect who believes in you. Chat once, weekly, or as needed. Or start a Success Team: At each weekly meeting, each person reports on his or her progress toward meeting a goal and the other group members offer suggestions and encouragement.



In The Garden

By

Theresa Friday, Horticulture Agent

May is usually the month of warmer, more stable temperatures and faster plant growth and development. Good cultural practices are important to ensure a colorful and fruitful summer.

Because of our unusual spring weather, several plant pests are showing up early this year. Check plants weekly and apply control measures, if needed. Be on the lookout for lacebugs on azalea foliage, leaf gall on azaleas and camellia leaves, stem and root rots of newly transplanted vegetable and flower plants, brown patch disease in turfgrass, aphid damage on new foliage of roses and vegetables and spider mites on citrus plants.

May Gardening Tips

- Annuals to plant include celosia, coleus, crossandra, gaillardia, geranium, hollyhock, impatiens, kalanchoe, marigold, nicotiana, ornamental pepper, pentas, phlox, portulaca, salvia, torenia, verbena, vinca and zinnia.
- Set out caladium bulbs in prepared beds. Plant them 18 inches apart and 2 inches deep.
- Finish pruning spring flowering shrubs such as azaleas, spiraeas, Camellias and Forsythia.
- Mature palms should receive a complete granular fertilizer formulated for palms ("palm special"). It should be applied uniformly to the entire ornamental planting area (or at least the entire palm canopy area) at a rate of 1.5 lbs. /100 sq. ft. four times per year during the growing season.
- Vegetables that can be planted outdoors include eggplant, lima beans, okra, southern peas, and sweet potatoes.

- On sandy sites, vegetables will require several light, supplemental applications of fertilizer during the season. Choose a product that contains nitrogen and potassium, but little or no phosphorus for this purpose.
- Calibrate the lawn sprinkler system so that approximately 1/2 inch of water is applied at each irrigation. Contact your local Extension Service for specific instructions.
- Water lawns in the morning to help prevent disease problems.



Recipes



Strawberry Pie

- 2 1/2 c. water
- 2 c. white sugar
- 5 Tbsp. cornstarch
- 1 (3 oz.) package strawberry flavored gelatin mix
- 2 qts. strawberries, hulled
- 2 (9 inch) pie shells, baked

Directions

- 1 In a saucepan, combine water, sugar and corn starch. Cook over medium high heat, stirring constantly, until mixture boils and thickens. Remove from heat and stir in the strawberry gelatin. Allow to cool slightly.
- 2 Arrange strawberries in the pie crusts with the tips pointing up. Pour gelatin mixture over, covering the berries.
- 3 You can use sugar-free gelatin and Splenda in this recipe to reduce calories.

This recipe makes 2 pies. A gelatinous topping made with cornstarch and strawberry flavored gelatin is poured over fresh strawberries. Serve with whipped cream. Prep Time: approx. 10 minutes. Cook Time: approx. 10 minutes. Ready in: approx. 20 minutes. Makes 2 - 9 inch pies (8 servings).

Oriental Chicken and Spinach Salad

Ingredients

1/4 c. vegetable oil
 3 Tbsp. rice vinegar
 1 1/2 Tbsp. or 2 1/2 packets sweetener
 1 Tbsp. light soy sauce
 1 tsp. dark sesame oil
 3/4 tsp. grated gingerroot
 1 bag (6 oz.) baby spinach leaves
 2 c. cooked, cubed chicken breast
 1 c. (11 oz.) mandarin oranges, drained
 1/2 c. water chestnuts, sliced
 1/4 c. green onions, thinly sliced
 1/4 c. toasted slivered almonds

Preparation Instructions

- 1 For Dressing, whisk first 6 ingredients until combined. Refrigerate, covered, 1 hour to allow flavors to blend.
- 2 For Salad, gently toss last 6 ingredients in large salad bowl. Add dressing and toss to combine.

Number of Servings: 6

Serving Size: 1/6th of recipe

Amount per serving: Calories 223 (Calories From Fat 135), Total Fat 15 g (Saturated Fat 2 g), Cholesterol 36 mg, Sodium 144 mg, Total Carbohydrate 8 g (Dietary Fiber 3 g, Sugars g), Protein 16 g



Zucchini Pizzas

Ingredients

2 ea. zucchini, about 2 inches in diameter, cut into 1/4-inch slices
 1 Tbsp. pizza sauce
 1 tsp. pitted black olives, sliced
 1 tsp. green onion, minced
 2 Tbsp. fat-free mozzarella, grated

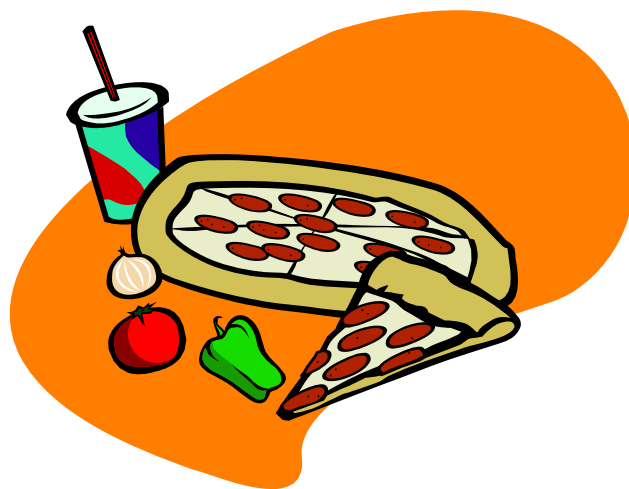
Preparation Instructions

- 1 On each slice of zucchini place ingredients in order.
- 2 Place on a baking sheet and broil until cheese is melted and bubbly, about 3-5 minutes. Zucchini should be crisp.

Number of Servings: 10

Serving Size: 3 slices

Amount per serving: Calories 53 (Calories From Fat 9), Total Fat 1 g (Saturated Fat g), Cholesterol 1 mg, Sodium 373 mg, Total Carbohydrate 5g (Dietary Fiber 1 g, Sugars), Protein g





HCE NEWS



HCE Council Meeting/ Leader Training

May 5, 2005

9:30 AM-County Extension Office

The topic for this month's program will be *"My Pyramid-Steps to a Healthier You."* presented by your FCS Agent. We will have a covered dish luncheon after the meeting.

HCE District Camp

May 17 & 18

Camp Timpoochee

The deadline for registration was April 25. If you want to go, there is a \$5.00 late fee. Registration packets are available from the Extension Office.



Set For Celebrations

presented by

***Santa Rosa Medical Center
Women's Advisory Council***

a fund raiser for

***The Kathy Russell
Scholarship***

*A scholarship awarded to an employee of
the Santa Rosa Medical Center for
continuing education.*

Friday and Saturday, May 6 and 7
10 a.m. to 3 p.m.

St. Mary's Episcopal Church Parish
Hall

6850 Oak Street
and

The Milton Clubhouse
6863 Oak Street

Milton, Florida

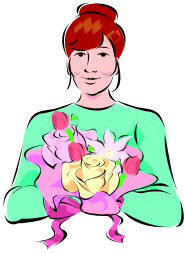
Tickets: \$5 each

You'll enjoy viewing tables set for all types of celebrations and get ideas for your next dinner party or special occasion.

Enjoy lunch from 11 a.m. to 1 p.m. for an additional \$5. A dessert bar and beverages will be available all hours.

Tickets are available from the following:
Tops TV and Appliance and SR Chamber of
Commerce in Milton; Gabby's Florist in
Pace; Women's Advisory Council Members;
and at the door.

For information call 850-626-7763.



May 2005



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Leader Trng./ Council Mtg. 9:30 AM - Extension Aud.	6 7 <div> <u>Set For Celebration</u> St. Mary's Episcopal Church Parish Hall 10:00 AM - 3:00 PM </div>	
8 Mother's Day	9	10 Skyliners Club Mtg.-9:30 AM Annie Hohorst	11	12 Milton Club Mtg.-9:30 AM Extension Conference Rm.	13	14
15	16	17 18 <div> <u>HCE District Camp</u> May 17 & 18 Camp Timpoochee </div>		19	20	21
22	23	24	25 Wallace Club Mtg.-10:00 AM Wallace Clubhouse	26 Pace-Pearidge Club Meeting 10:00 AM Pace-Pearidge Clubhouse	27	28
29	30 Memorial Day Office Closed	31				



Riverwalk Market 2005 Calendar of Events

March 12 B 13 Riverwalk Arts Festival. Riverwalk Market will have a booth for promotion of the Market and its **new location** on South Willing Street, across from the Riverwalk Park and Santa Rosa County Veterans Memorial.

April 23 - Riverwalk Market opens. Regular season hours are Tuesday, Thursday and Saturday, 7:30 a.m. until 1 p.m.

April 30 B AVery Berry Saturday.@ Sample delicious desserts made from Santa Rosa Fresh strawberries and blueberries.

May 7 B AFresh from the Market Flowers for Mom.@ Sale of Mother=s Day plants and flowers.

May 14 - Spring Harvest Kickoff. Cooking demonstrations using fresh, local produce from 8:30 until 11:30 a.m.

June 4 - Spring Canning and Preserving Demonstrations from 9:00 until 11:00 a.m.

June 18 B ASummer Sweets and Santa Rosa Arts.@ Cooking demonstrations using fresh, local produce from 8:30 until 11:30 a.m. Art show with local artists and local artisans, 8:00 a.m. until 12:00 p.m.

July 2 B ARed, White and Blue BBQ.@ Cooking demonstrations using Santa Rosa Fresh local produce and meats from 8:30 until 11:30 a.m.

July 16 B ACook It Like Your Grandma Did.@ Cooking demonstrations using fresh, local produce from 8:30 until 11:30 a.m.

July 30 - Summer Harvest Sendoff. Cooking demonstrations using fresh, local produce from 8:30 until 11:30 a.m.

August 20 B AIt's Too Darn Hot to Cook Chili Cook-off.@ Sample chili recipes that use Santa Rosa Fresh local produce and meats from 8:30 until 11:30 a.m.

September 17 - Fall Harvest Kickoff. Cooking demonstrations using fresh, local produce from 8:30 until 11:30 a.m.

October 15 - Fall Canning and Preserving Demonstrations from 9:00 until 11:00 a.m.

October 29 B APeas Pass the Pumpkins.@ Cooking demonstrations using fresh, local produce from 8:30 until 11:30 a.m. Hayrides, pumpkin carving, and horse rides.

November 19 - Thanksgiving Abundance Celebration. Cooking demonstrations using fresh, local produce from 8:30 until 11:30 a.m.

December 17 B AA Green Christmas@ / 2005 Season Sendoff. Cooking demonstrations using fresh, local produce from 8:30 until 11:30 a.m.

We hope to add **smaller Saturday events** here and there (such as beekeeper demonstrations, Garden Club presentations, or automobile displays). We will also have the opportunity to have occasional **Friday evening markets** in conjunction with Main Street Nights.

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

Linda K. Bowman, R.D., L. D.
Extension Agent IV
Family & Consumer Sciences
Santa Rosa County

LKB:emt

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